

**All Souls Spirits and Soles Running Club**  
**August 27, 2009**

Our first day of Running Club will be Monday, September 28<sup>th</sup> and is open to students in Grades 1-8 of any fitness level! Each week we will start at 3:15 and end at 4:15 on the field. Please bring water each week and wear athletic clothing and shoes. Weekly updates will be sent via Fast Direct. Please contact Mrs, Tschappat with any questions, ext. 2720.

**Schedule:**

- 9/28 Intro and Game Day at AS
  - 10/5 Strength Day at AS
  - 10/12 Circuit Day
  - 10/19 \*Run/Walk at Goodsen Recreation Center
  - 10/23 Scream Scram 5k → Washington Park, 6pm OPTIONAL
  - 10/26 Last Day - Games and Treats at AS
- \*Parents need to drop off at Goodsen by 3:30 and pick up at 4:30 but are welcome to stay, as we will need supervisors on our course.*

**Races** - Friday, October 23<sup>rd</sup> Scream Scram in Washington Park @ 6pm  
Sunday, April 25<sup>th</sup> Cherry Creek Sneak @ 8am  
Possible Spring track meet @ Holy Family HS, TBA.

Registration forms for the Scream Scram will be in the school office next week and are also available at local running stores. Sign up online at <http://www.screamagency.com/scram.php> and make sure to tell Mrs. Tschappat so we can make a game plan for our team! ☺

**T-Shirts** - We'll design special "50 Years in His Footsteps" shirts for this year's club! Orders will start next month and will be due on October 5.

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\_\_\_\_\_ has my permission to participate in the All Souls Running Club beginning September 28, 2009. By completing this permission form I agree to hold harmless All Souls school for any injury caused by participation in this activity. I understand that my child may participate in Running Club as long as he or she desires. We will have a physical form completed on file with the school by October 5, 2009.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date